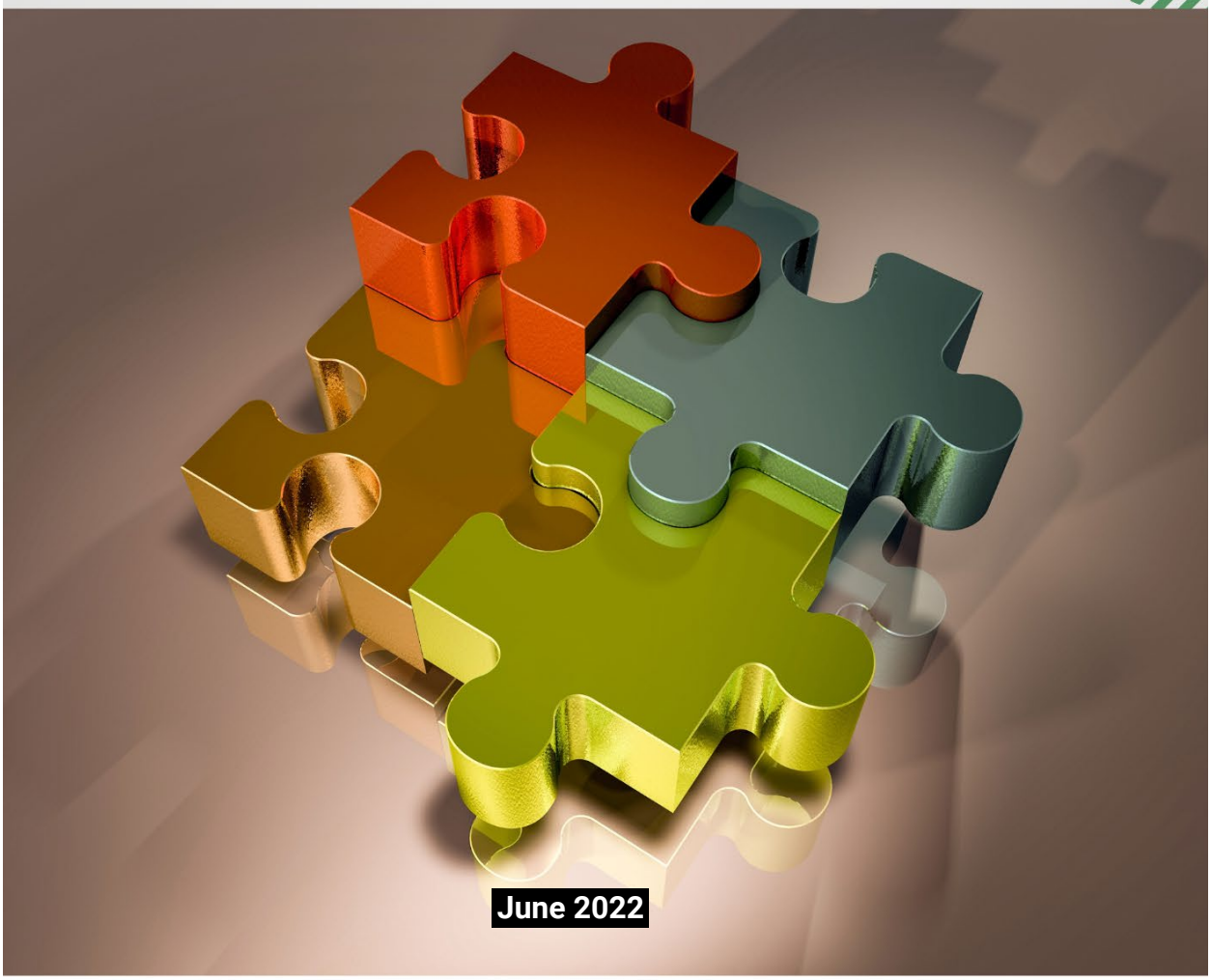
KERRI RIVERA

CD PROTOCOL



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(See pages 7 and 15 for information about **CD**)

What
is
Autism?

What is autism?

A simple definition for autism is: A developmental disorder that affects the ability to communicate and interact.

The term Autism Spectrum Disorder (ASD) usually includes the following diagnosis terms:

- Pervasive Development Disorder (PDD)
- Pervasive Development Disorder - Not Otherwise Specified (PDD-NOS)
- Autism
- Atypical Autism
- Asperger's Syndrome
- Highly Functional Autism (HFA)

Autism according to Biomedicine:

Autism is caused by viruses, intestinal bacteria, candida, parasites, gut and brain inflammation, as well as IGG allergies to foods, especially gluten and casein.

Almost 100% of children diagnosed with Autism today are born healthy; then something happens in their immune system after the first year of age and they start getting sick, then they disconnect and/or display severe behavioral and focusing problems and right away they are given an autistic diagnosis; and nobody asks what happened. These parents lose their children who once were completely healthy, affectionate, interactive and connected to their environment.

Nowadays, for us autism is an epidemic of the immune system caused by toxins in our environment and a less than adequate diet, among other things. The result is a toxic load in our children's bodies that prevent the immune system from working properly. The situation worsens in the presence of viral infections, parasites, bacteria and fungi that plague the immune system creating allergies, gastrointestinal problems and severe brain inflammation that affects the area of communication, language and social interaction.

The medical community in general still has the idea that autism is a psychiatric disorder and they urge us to medicate our children with psycho-stimulant drugs, when what is needed is special care to deal with the diseases caused by an immune disorder.

It has been found that by treating the serious medical conditions in the gastrointestinal, immune and metabolic systems that autistic children present, the typical autistic behaviors start to disappear, children begin recovering their lost skills and their neurological system begins to reorganize.

It is time we see our children's behaviors as the way they express a physical disease or issue they might be experiencing.

Each child with autism is different. There are, however, some behavior standards that have been established that can guide us. If your child displays the following behaviors, he/she needs to be evaluated as soon as possible.

- Some or no language; or he/she used to talk a lot, but not anymore.
- Echolalia, repeats the same constantly, or repeats what he/she hears (phrases or words). Answers with the same question you asked.
- Acts as if he/she were mute, but at the same time does not tolerate loud noises like a blender or a microwave.
- Does not look straight in the eyes; there is no direct visual contact.
- Obsession over objects for no apparent reason.
- Does not show interest in toys and/or does not use them properly.
- Carries many toys from one place to another senselessly and without the objective of using them.
- Tends to gather objects, set them into lines or piling them up into towers.
- Displays a total lack of interest in his/her surroundings and social interactions with others.
- Does not respond to his/her name.
- Does not obey nor follows instructions.
- When he/she wants something, does not ask for it. Instead he/she takes your hand leading you to what he/she wants.
- Rejects physical contact. Does not like being touched or carried.
- Flaps hands (as if trying to fly) in a rhythmic and constant fashion.

- Spins or rocks himself/herself.
- Spins objects for long periods of time.
- Stares at the same spot as if hypnotized.
- Tiptoes (like a ballerina).
- Can be hyperactive (very restless) or hypoactive (extremely passive).
- Shows aggression and/or can sometimes be self-aggressive (hitting himself/herself).
- Is greatly obsessed with order and routine; rejects changes.
- Is easily upset and throws temper tantrums for no apparent reason or because he/she did not get his/her way.
- Has laughing episodes for no apparent reason.
- Extremely advanced in some skills like with numbers, patterns or shapes while other skills are non-existent.
- Does not acknowledge others' presence or feelings.
- Does not look for comfort at times of sorrow or pain.
- Does not imitate; does not establish imaginative activities like pretending to be an adult.
- Only wants to eat certain foods in particular and rejects other foods.
- Does not tolerate certain textures that cause fear or nausea.

Upon new findings, to this list of behaviors are now added a series of physiological symptoms that were not used to be considered. These symptoms have been found to be highly related to autism and they are key to observe a complete clinical overview of the child in order to receive effective treatment. It is important you notify your physician if your child:

- Is constipated or has diarrhea or both.
- Has food allergies, especially to cow's milk and wheat.
- Has some form of dermatitis or skin problems.
- Does not sleep or has trouble sleeping.
- Suffers with reflux and/or gastritis.
- Has a swollen belly.
- Always has dark circles under the eyes.

- Seems to not experience pain when something hits him/her.
- Constantly suffers with croup.
- Has negative reactions to vaccines.
- Has viral infections.
- Stopped talking after being vaccinated.
- Constantly has nasal allergies, sinusitis or respiratory infections.
- Has recurring ear infections.
- Suffers with asthma.
- Has severe mouth blisters.
- Displays low muscle tone.
- Has difficulty holding a pencil or crayons.

Once you receive an autistic diagnosis for your child, if your physician tells you that autism is not treatable, you need to change doctors. That only means your doctor is not aware of the new findings and treatments for autism and he will not be able to guide you properly towards the path of recovery.

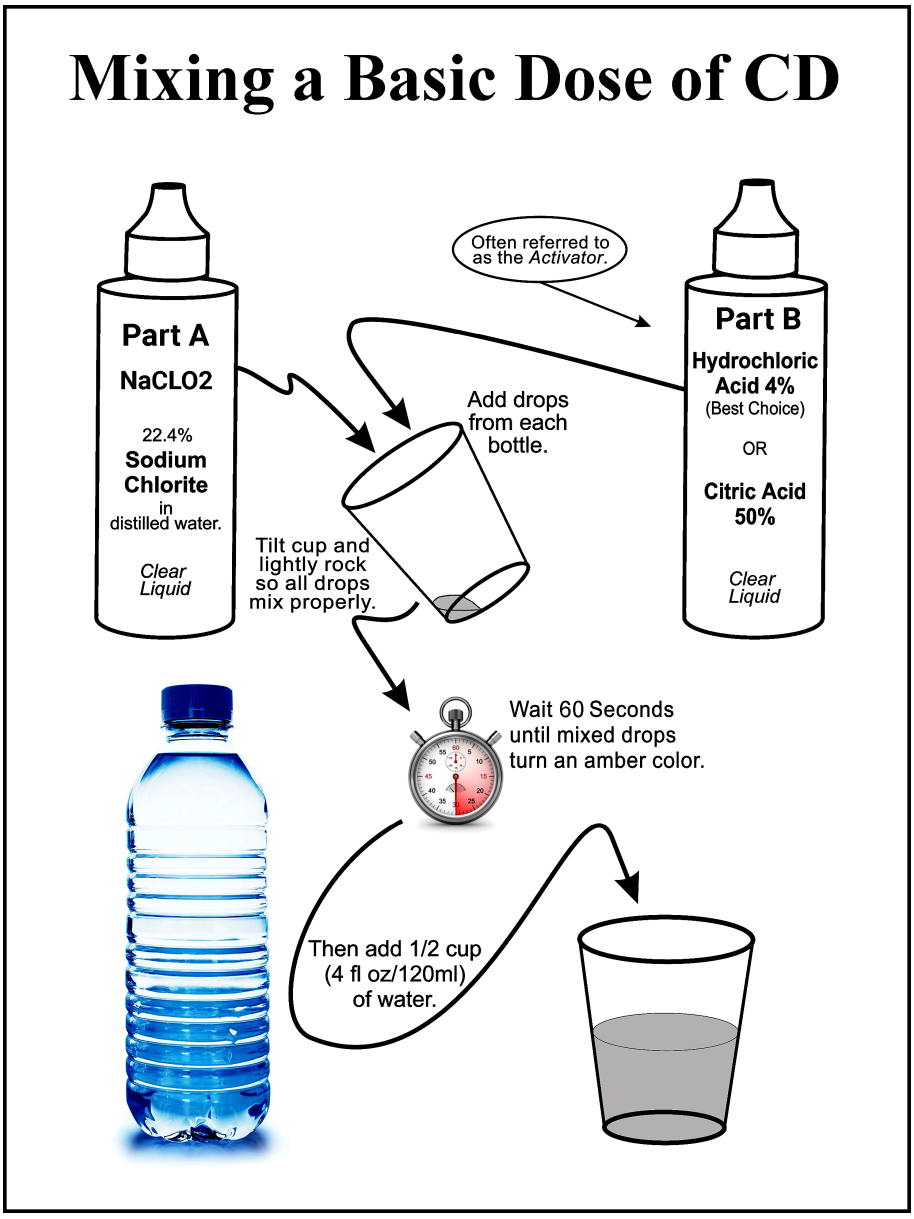
My child was diagnosed with autism, where do I begin?

The first thing you need to know is that **you are not alone!** Organizations like ours are here to help you and provide you with the information you need. Information is the most powerful tool to help your child. Get informed and begin the journey towards his/her recovery. ***Autism is treatable and one can recover from it!***

In this guide you will find the step-by-step CD Protocol created by Kerri Rivera, Dr. in Homeopathy, DAN Clinician, author of the book **Healing the Symptoms Known as Autism.** A pioneer in the use of CD in autistic children who has helped more than 5,000 children recover from autism.

Before beginning this protocol, Kerri Rivera recommends filling out the control form for the Autism Treatment Evaluation Checklist **(ATEC).** This form will allow you to have a reference of your child's level of autism and to measure what areas of development your child is presenting improvement or what areas are more compromised.

Regarding the final result the ATEC shows, the higher the score, the more compromised your child is, and a level lower than 10 means a child has recovered. We recommend taking the ATEC before you begin the protocol and then every three months to keep track of the progress: https://www.autism.org/autism-treatment-evaluation-checklist/



1
DIET
CD (FREQUENT DOSES AND ENEMAS)
HUMIC/FULVIC
BLACK SEED OIL (BSO)
MAGNESIUM AND POTASSIUM
STRUCTURED SILVER SOLUTION (SAS)
ADVANCED VITAMIN D
ULTRA BINDER
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The diet:

Hippocrates used to say: "Let food be thy medicine and medicine be thy food."

We have heard on numerous occasions that a good diet is key to keep us healthy; we have also heard that "we are what we eat," but it is incomplete. We are what we eat, what we process, assimilate and excrete. Not only what enters our mouth is important, but also what our organism is actually processing, metabolizing and absorbing.

A high percentage of children with autism or who are hyperactive have some kind of enzymatic deficiency that prevents them from properly unfolding proteins, and specifically the protein in milk (casein), in wheat (gluten), and in soy. These are the indirect culprits of most of the inappropriate behaviors of our children.

Gluten is mainly found in wheat, rye, barley, oats, malt, most breads, cakes, cupcakes, cereals, flour tortillas, pizzas, doughnuts, etc. It is also found in food starches, semolina, couscous, some vinegars, soy sauce, teriyaki sauce, flavorings, colorants and hydrolyzed vegetable proteins.

Casein is found in cow, sheep and goat milk as well as in all the milk products like yoghurt, butter, ice cream or cheese. There is no form of cow's milk that can be ingested since it causes inflammation and mucous. ***Even if the product says it is free of lactose, cream or casein, it is not allowed.***

Improperly digested fragments of gluten and casein can enter the bloodstream and cross the blood-brain barrier. Given their opioid properties, these peptides can react with the opiate receptors in the brain to produce similar effects to opiate drugs like heroin or morphine. These opiates are called glutemorphin (or gliadorphin) and casomorphin, and they can react with some part of the brain. For instance, the temporal lobes that actively participate in the language and auditive integration processes. Coincidentally, these are the two areas most affected by autism.

The basic diet free of gluten and casein sometimes is not enough to heal the gut and strengthen the immune system. In such cases we need to adjust and, depending on the case, establish a food

regimen: the low-glutamate diet, the carnivore diet, and the low-carbohydrate diet (keto) are having amazing results.

I will now briefly describe each one of them:

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Low-glutamate Diet:

Glutamates come from glutamine and, although glutamine has countless health benefits, they are usually a problem in autism.

One of the many functions of glutamine in the body is that it is converted into essential neurotransmitters for good mental health: glutamate and GABA. These two play balancing but opposing roles in our brain chemistry. In particular, glutamate is stimulating and GABA is sedative. In a healthy person, both keep a delicate but balanced ratio.

When there is an excess of glutamate in the brain, a series of problems arise and we see it reflected in the following symptoms: Seizures, lack of mental clarity, headaches, mood swings, tics, hyperactivity, leaky gut. This can be worsened by a diet high in both synthetic and natural glutamates.

The main culprit, of course, is monosodium glutamate (MSG), a synthetic form of glutamate and an excitotoxin known for overstimulating brain cells, causing neurological issues among other health problems.

Synthetic glutamates are present in countless forms in hundreds of processed foods beyond MSG, such as yeast extract, hydrolyzed protein, natural flavorings and other kind of flavorings. All these chemicals give processed foods a meaty flavor. They are prevalent in *all* commercially canned broths and soups, including most of organic ones as well. Unfortunately, glutamates also exist naturally in healthy foods although not as concentrated as in processed foods, and these do not pose an issue to a healthy individual. Those who are sensitive must avoid even natural sources of

glutamates; this unfortunately includes *bone broths*. Glutamates come from glutamine, the second most abundant amino acid in bone broth according to the Kin Schuette lab test.

Most of us cook bone broth in a low heat during long periods of time precisely for this reason, in order to extract *more* nutrients. A good sign that you have made a good broth is when it gels. Once cooled, the broth should move like a gelatin. This means the gelatin (which basically is cooked collagen) has been extracted from the bones and animal parts. Unfortunately, here is when bone broth can be bad for some people, especially in kids, because it can exacerbate glutamate sensitivity.

To get more information about this diet, click on the following link:

Low glutamate diet (May 2022)

https://drive.google.com/file/d/19U1h2Qs9Igc76-PXTnfeEbKXPZu4oGVD/view?usp=sharing

Carnivore diet:

The **Carnivore Diet** consists on eating only meats and fish. This diet helps decrease the deficit of some vitamins and minerals, as well as other risks.

It is used as part of the treatment for inflammatory disorders of the digestive system, autoimmune diseases and joint disorders. ***It is a diet that is followed only for 8 weeks and under supervision.***

FOODS ALLOWED IN A CARNIVORE DIET:

- ✓ Beef
- ✓ Fish
- ✓ Pork
- ✓ Salt
- ✓ Casein-free ghee
- ✓ Olive oil

Low carbohydrate diet (modified ketogenic):

The modified ketogenic diet (Ketokerri) is based on a **high fat consumption in which 50% of calories come from good fats like C8/MCT, coconut oil, olive oil, casein-free ghee; one** gram of protein per each pound of body weight and the rest is vegetables, nuts, seeds and stevia as a sweetener. This way, **the body needs to use lipids as its primary source of energy**.

This diet helps to produce small energy molecules that are called "ketones" or "ketone bodies". It is an alternative fuel for the body that is used whenever there is a shortage of sugar (glucose) in the blood. Ketones help the body to produce more energy by increasing mitochondrial activity.

FOODS ALLOWED IN A LOW CARBOHYDRATE DIET (KETO)

Vegetables

- ✓ Asparagus
- ✓ Cabbage
- ✓ Cucumber
- ✓ Cauliflower
- ✓ Broccoli
- ✓ Celery
- ✓ Kale
- ✓ Zucchini
- ✓ Spinach
- ✓ Mushrooms
- ✓ Green vegetables
- ✓ Avocados
- ✓ Eggplant
- ✓ Garlic
- ✓ Onion
- ✓ Turnips
- ✓ Tomatoes
- ✓ Carrots
- ✓ Bell pepper
- ✓ Pumpkin

Nuts and Seeds

- ✓ Cashews
- ✓ Almonds
- ✓ Hazelnuts
- ✓ Pistachios
- ✓ Coconut
- ✓ Macadamias
- ✓ Pecans
- ✓ Brazil nuts
- ✓ Chia seeds
- ✓ Hemp seeds
- ✓ **Black sesame seeds**
- ✓ **Black cumin seeds**
- ✓ **Flax seeds**
- ✓ **Sunflower seeds**
- ✓ **Pumpkin seeds**
- ✓ Sesame
- ✓ Alpiste

Fats and oils

- ✓ Coconut oil
- ✓ MCT oil
- ✓ Avocado oil
- ✓ Olive oil
- ✓ Casein-free ghee
- ✓ Pork lard
- ✓ Duck fat

Proteins

- ✓ Beef
- ✓ Chicken
- ✓ Turkey
- ✓ Lamb
- ✓ Pork
- ✓ Fish (Sardines and anchovies)
- ✓ Sea food (limit its consumption)
- ✓ Wild game
- ✓ Organ meats
- ✓ Eggs

Other foods

- ✓ Agar agar
- ✓ Xanthan Gum
- ✓ Baking Soda (aluminum free)
- ✓ Cream of Tartar

Sweeteners

- ✓ Stevia
- ✓ Erythritol
- ✓ Monk Fruit (Lakanto)
- ✓ Xylitol (make sure it comes from birch bark)

C8/MCT: MEDIUM CHAIN TRIGLYCERIDES

THE SUGGESTED SUPPLEMENT IS <u>ONLY</u> FOR THOSE WHO FOLLOW THE LOW CARBOHYDRATE DIET (KETO)

With a ketogenic diet, the whole body switches its fuel source to function almost completely on fats. Insulin levels drop and fat burning increases.

It is easier for your body to access fat deposits to burn them and turn them into fuel. In the case of our children, we need them to be in nutritional ketosis in order for their brain and gut to heal, but we do not want them to utilize their fat reserves, otherwise they would lose weight and have low energy. Hence the importance of supplementing with MCT and to follow the dose according to the person's age. (Refer to Chapter 1 of the Parent Guide)

The amount of MCT needs to be spread out in various doses with all their meals.

It might not be well tolerated at the beginning of the diet and may cause diarrhea or abdominal pain. If this happens, the dose should be lowered in half and gradually begin to increase it in the following days.

Example: Someone between 16 and 25 years of age would take 165 ml of MCT per day.

You need to divide those 165 ml among the main meals: 55 ml with breakfast, 55 ml at lunch and 55 ml with dinner.

We recommend giving the MCT mixed with a vegetarian milk, most kids do not tolerate it when it is directly given by mouth like a syrup due to the viscosity of the product.

Age	Dose per day ml
2	60
3 - 5	90
6 - 8	105
9 - 10	105
11	120
12 - 13	120
14	135
15	150
16 - 25	165
26 - 45	165

To obtain more information about the low carbohydrate diet, click on the following link: https://www.youtube.com/watch?v=iwOoAczknB8&t=2972s

CD: Along with the diet, you can begin the CD doses and the enemas

CD is an acronym for **C**hlorine **D**ioxide. The chemical name is CLO2.

Chlorine Dioxide (ClO2) is a chemical compound consisting of one chlorine atom and two oxygen atoms. It is a reddish to yellowish-green gas at room temperature that dissolves in water. It is used for a variety of antimicrobial uses, including the disinfection of drinking water.

CD is made by combining a 22.4% **S**odium **C**hlorite **S**olution (NaCLO2) with 4% Hydrochloric Acid (HCL) for 60 seconds [called activating], and then added to water. See the graphic on page 7 for details.

- Begin with 1 activated drop in a 500-ml bottle which equals 16 fluid ounces of water.
- 1 dose is: 30 ml or 1 fluid ounce.
- Take 1 dose every 45 minutes during waking hours.
- Use glass bottles with plastic caps. (CD reacts withmetals, please do not use any kind of metal to store or administer CD.)
- One more fluid ounce of water can be taken after each dose of CD in case you feel the flavor is too strong.
- There are cases in which Kerri recommends (24 doses), mainly in cases of PANDAS, in this case you need to prepare two 500-ml bottles or 16 ounces each.
- It is important to keep CD every hour inside the body. Bacteria multiply every 2 hours so we need to be on top of them in order to not let them multiply, hence the importance or drinking a sip (30 ml) every 45 minutes.
- There is no maximum dose. CD can be taken as tolerated. I have seen people improve with 24 drops and others that take up to 80 drops, it all depends on each individual's tolerance. We work slow, increasing 1 drop each day.
- If your child develops symptoms like vomiting, diarrhea, lack of energy, etc. do not fret, this means the body is releasing toxins too fast. In that case, you will increase the drops every 3 or 4 days.

CD:

Start with a 1 drop dose in a large 500ml bottle of water. Drink one ounce (30ml) every 45 to 60 minutes, which would be 16 equal doses throughout the day. It is important to keep CD in the body every hour. Bacteria double every 2 hours. We need to be on top of the bacteria so it can't multiply. Hence, the drink every 45-60 minutes from the CD water bottle.

Daily increase by 1 drop of CD in the large bottle. There is no maximum dose. **There is only one tolerated amount**. I have seen people do better with 24 to 80 drops throughout the day.

We work slowly, increasing by 1 drop per day. That is, 1/16 of a drop per dose per day. Low and slow is the best way to go with chronic illnesses. Below are suggested daily CD amounts by kg body weights.

kg : drops	kg : drops
11 : 16 drops	31 : 38 drops
12 : 16 drops	32 : 38 drops
13 : 18 drops	33 : 38 drops
14 : 20 drops	34 : 40 drops
15 : 20 drops	35 : 40 drops
16 : 22 drops	36 : 40 drops
17 : 22 drops	37 : 42 drops
18 : 24 drops	38 : 42 drops
19 : 26 drops	39 : 42 drops
20 : 28 drops	40 : 44 drops
21 : 30 drops	41 : 44 drops
22 : 30 drops	42 : 44 drops
23 : 32 drops	43 : 46 drops
24 : 32 drops	44 : 46 drops
25 : 34 drops	45 : 46 drops
26 : 34 drops	46 : 48 drops
27 : 34 drops	47 : 48 drops
28 : 36 drops	48 : 48 drops
29 : 36 drops	49 : 50 drops
30 : 36 drops	50 : 50 drops

Note: If it is difficult for you to reach the suggested dosage in the chart, do not worry. Listen to your body and respect its tolerance. The important thing is to maintain the rate of CD in your body at the dosage you can tolerate. Always follow the Three Golden Rules on page 21.

Enema:

The enema can start on day 7 of the oral CD portion of the protocol. We make 2 liters of purified water between 37 or 38 degrees with 20 drops of CD. We can do them once a day. You may skip a day if necessary due to time constraints of family events. But, enemas are healing for the body and uplifting. Here's how to do an enema.

Age	Water	CD drops
Children	1 liter	10
Adolescents	2 liters	20
Adults	3 liters	30

Directions: use purified/filtered water. You do not need to apply the full amount of suggested water at one time, you can let water in little by little according to tolerance **(fill and release)** until the full amount of water is finished. You can use plastic syringes with a nozzle or hanging bags for enema/douche. If your child is constipated, you need to apply a daily enema until you see an improvement in the bowel movement.

HUMIC/FULVIC ACID WITH MINERALS AND ELECTROLITES:

Humic and fulvic acids are nutrients obtained from organic soil. They are a concentrated source of oligoelements, minerals and antioxidants with extraordinary antibiotic, antifungal and antiviral properties.

Directions:
13 drops (children) - 26 adolescents and adults: diluted in one ounce of water, vegetarian milk, etc. with each main meal (breakfast, lunch and dinner.)

Humic/fluvic acid has no flavor. If the child does not want to take it with liquids, you can give it by mouth or over food.

Once the CD and humic/fulvic acid are added and you reach the suggested dosage by weight, you can add the black seed oil.

BLACK SEED OIL (BSO):

- Thymoquinone: It is an active ingredient of black seed. Researchers have been studying it since the 1960's. It is known for its antioxidant, anti-inflammatory and anti-cancerous properties. There are reports that say it helps with encephalomyelitis, diabetes, asthma and carcinogenesis.
- Thymoquinone acts as an eliminator of superoxide radicals on top of preserving the antioxidant enzymes glutathione peroxidase and glutathione-S-transferase. Both glutathione peroxidase and glutathione-S-transferase are necessary since they are the main detoxifiers. They are of great help in the defense systems. It has anti-inflammatory, antifungal, antiviral, anticlotting, and antioxidant properties.

Suggested usage:

Children who weigh up to 49 kg: 5 ml, 3 times a day (breakfast, lunch and dinner.)

Children who weigh more than 50 kg: 7.5 ml, 3 times a day (breakfast, lunch and dinner.)

Magnesium Citrate and Potassium Citrate:

- ✓ Potassium citrate: 50 mg a day with or without food.
- ✓ Constipated children: Magnesium citrate (one dose a day with or without food.)
- ✓ Children with diarrhea: Magnesium glycinate (one dose a day with or without food.)

Structured Silver with balanced pH:

- Support to effectively treat undesirable pathogens through ionization, molecular structure and alkalinity to help users achieve an adequate balanced health in their gut.
- It helps to promote probiotics and healthy bacteria. Not all bacteria are bad. Many gut bacteria help the immune system and other vital areas.
- Suggested usage: 20 ml 4 times a day without food. It can be taken by mouth like a syrup. If the child is under 20 kg of weight, apply half the suggested dose.

Advanced Vitamin D (KK Chondroitin)

- It is a macrophage activator and a reducer of nagalase. Macrophages are like a "PAC-MAN" that travel through the body catching pathogens like bacteria, fungi, virus, parasites, and tumors. They also go after viruses that cause influenza, the common cold, measles. Our advanced formula activates these macrophages and helps them control pathogens that cause disease and inflammation.
- It supports the immune system, bone health, and a low toxic load. We have noticed substantial improvements in behavior, language, socialization and cognition.
- **Advanced Vitamin D (KK Chondroitin)** is administered 10 minutes after a CD dose.
- Start with 1 drop, **preferably under the tongue.** Each hour increase one drop until you reach 20 drops four to six times a day or as per Kerri Rivera indicates.
- If the child refuses it, put it in any area of the mouth or dilute it in one ounce of water or vegetarian milk.

Ultra Binder (binds toxins):

It contains a whole natural mix that effectively binds to toxins we encounter day-to-day. This allows our body to detoxify in a safe and natural way.

It eliminates toxic chemicals like heavy metals, pesticides, herbicides, endocrine disruptors, pharmaceutical residues, food additives, and toxins from mold, parasites and bacteria.

Suggested usage: Diluted in 1 or 2 ounces of water or vegetarian milk, every night at bedtime.

Weight	Dose (US measurements)
1 - 25 pounds	¼ teaspoon
26 - 50 pounds	½ teaspoon
51 - 75 pounds	¾ teaspoon
76 - 100 pounds or more	1 teaspoon

Use measuring spoons:

Notes:

Note 1: DO NOT EVER start all the supplements at once. Add one supplement every 2 or 4 days and pay attention to your child's tolerance and reaction. Begin doses gradually always from low to high. Every day increase the dose until reaching the suggested dose.
(Keep a journal and write down everything you notice.)

Note 2: One phase does not substitute for the next one. We are always adding one phase at a time.

Kerri Rivera - CD Protocol
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THE 3 GOLDEN RULES OF CHLORINE DIOXIDE (CLO2)
1.- If you started the doses and you don't feel ANYTHING, keep increasing the dose every day
2.- If you feel a very strong bad reaction, DECREASE
3.- If you feel that you are improving CONTINUE

Example on how to begin the protocol

Day 1: Diet

Day 7: Begin CD orally

Day 14: Enemas

Day 18: Humic/Fulvic

Day 22: Black seed oil

Day 26: Magnesium and potassium

Day 30: Structured silver

Day 34: Advanced Vitamin D (This supplement requires a 7-day observation. Remain on the mega dose: 20 drops every 2 hours for 7 days. If you notice improvements in attention, concentration and language, stay with the megadose. If you do not notice improvement, go down to 20 drops 3 times a day.)

Day 41: UltraBinder

Whenever the child has all Phase 1 elements down, he is ready to begin the Parasite Protocol (P.P.)

P.P.s begin two days before the full moon. In our Telegram support group, every month, we post all the lunar calendar months.

Mebendazole and Stone breaker are incorporated with the full dose according to weight. These two do not call for a gradual increase of doses as all the other supplements.

Once you complete the first PP, incorporate the BETAINE HCL enzymes.

When you complete the third PP, incorporate the chelators.

How to Schedule Supplements:

CD
16 doses during the day (set up an alarm to go off every 45 minutes.)
Maximum of 2 doses of CD on an empty stomach (as long as the child tolerates it). Wait for 15 to 20 minutes before or after a CD dose to eat.

Enemas:
Before a meal or two hours after a meal.

With meals:

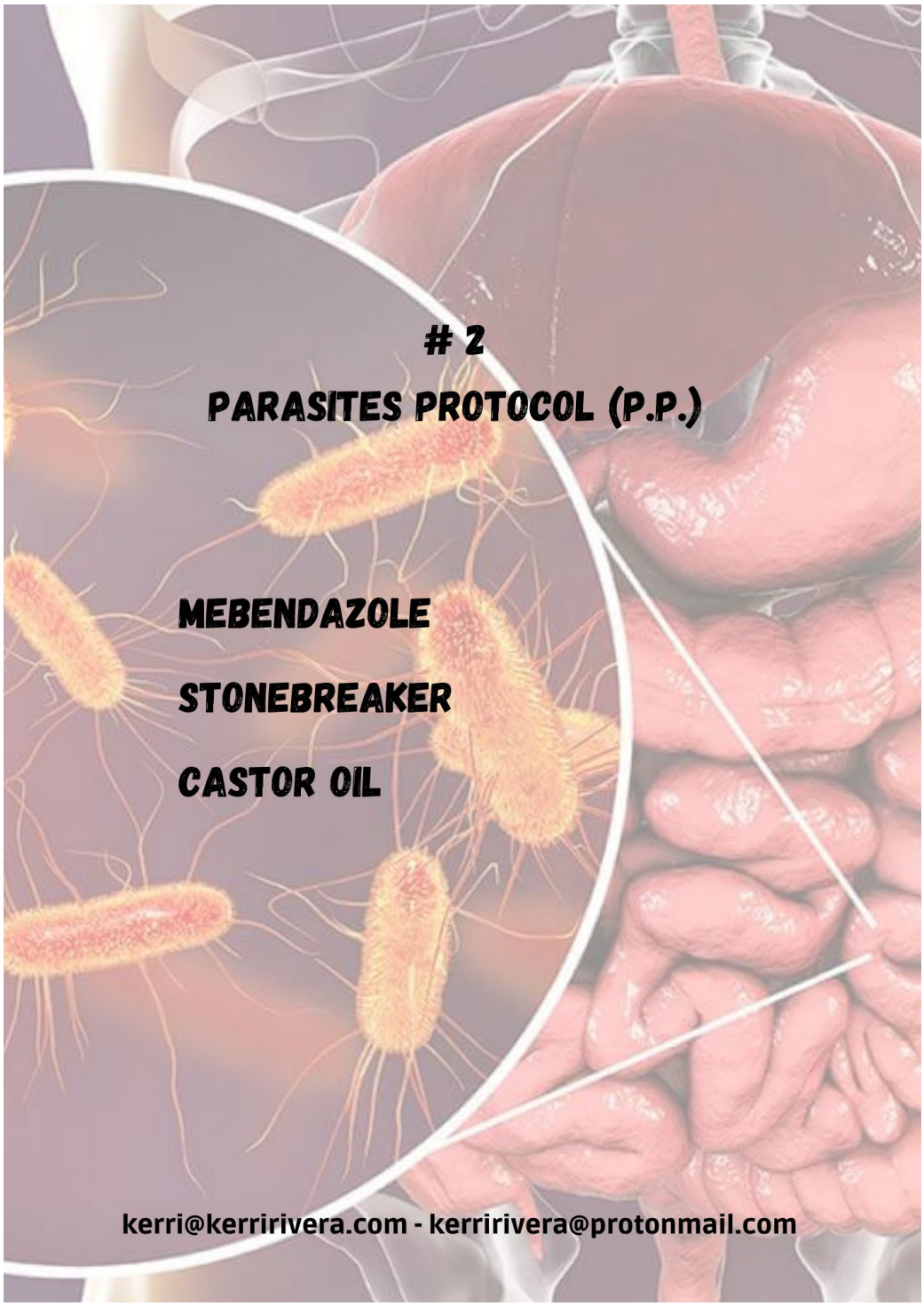
- Humic/Fulvic
- BSO
- Betaine HCL
- MCT (if the keto diet is being followed)
- Stone breaker
- Mebendazole

One hour after breakfast or the evening meal:

- Castor oil when doing the PP.
- Magnesium and potassium.

10 or 15 minutes after a CD dose:

- EDTA
- Zeolite
- Bentonite
- Advanced Vitamin D
- Structured Silver (SAS)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PARASITES PROTOCOL (P.P.)
MEBENDAZOLE
STONEBREAKER
CASTOR OIL
kerri@kerririvera.com - kerririvera@protonmail.com

PARASITE PROTOCOLO (P.P.)

(Recommendations)

1.- This protocol is done during 18 consecutive months (cycles). After that, have a consultation with Kerri Rivera (kerri@kerririvera.com) to move on to the P.P. with albendazole

2.- The deworming has to be done by all family member and pets. The family can do the short version consisting of 5 or 7 days. Pets need to follow the supervision of a veterinarian.

3.- Please refer to the dosing charts at the end of the protocol section.

4.- The dewormer needs to be in tablet or pill form. Avoid buying liquid form because those contain coloring and sugar.

5.- If the child wakes up in the middle of the night being hyperactive, crying, with phobias, aggressive, etc. double the CD dose every hour until he falls asleep. If the problem continues, administer an enema.

6.- If you are taking Tagamet, Ethotoin, Penicillin, Zithromax, Amoxicillin, Mesantoin, Carbamazepine, Flegyl (Metronidazole) you must consult with your physician to know if you can deworm with MEBENDAZOL since it interacts with those medications, especially Flegyl (Metronidazole) and Tagamet (Cimetidine).

7.- Enemas are a key part of this treatment. Parasites make a mucous or biofilm in the gut where they can hide to avoid being attacked by a medication, hence the importance of CD enemas. CD can get rid of this biofilm and destroys eggs and larvae within it.

THE FIRST DAY OF THE P.P. BEGINS TWO (2) DAYS BEFORE THE MOON

Mebendazole: From day 1 to day 21
Twice (2) a day with food (breakfast and dinner)

Stone Breaker: From day 1 to day 21
Twice (2) a day with food

UltraBinder: everyday
One dose before going to bed

Castor oil: every other day
One (1) hour after breakfast or immediately after coming back from school.

Enemas: The morning enema is optional. The evening enema is mandatory.

Dosing Charts

Mebendazole

Weight	Dose in milligrams
10 to 20 Kg	25mg of mebendazole with breakfast and dinner (every 12 hrs.)
21 to 30 Kg	50mg of mebendazole with breakfast and dinner (every 12 hrs.)
31 to 40 Kg	100mg of mebendazole with breakfast and dinner (every 12 hrs.)
41 Kg or more	200mg of mebendazole with breakfast and dinner (every 12 hrs.)

Stone Breaker

Weight	Amount
10 to 21 Kg	5 drops (dilute in 2 ounces of water) twice a day with food
22 Kg to 34 Kg	12 drops (dilute in 2 ounces of water) twice a day with food
35 kg to 41 kg	15 drops (dilute in 2 ounces of water) twice a day with food
42 Kg or more	22 drops (dilute in 2 ounces of water) twice a day with food

Castor oil: As per tolerated, always watching to not cause liquid diarrhea (like water spout). Having loose diarrhea while deworming is not bad. If the child is constipated, maybe he/she needs to take more castor oil, give every other day starting on day 1 of P.P.

Suggested dose (remember to give as tolerated making sure to not cause liquid diarrhea)

Weight	Dose
11 to 34 kg	1 teaspoon an hour after breakfast or when the child comes back from school.
35 to 54 kg	1 tablespoon an hour after breakfast or when the child comes back from school.
55 kg or more	2 tablespoons an hour after breakfast or when the child comes back from school.

Keeping control of ammonia levels:

When parasites die, they release ammonia and many children are affected. One way to measure ammonia is with reactive strips (the ones used to measure ammonia in fish tanks.) You can use these strips with a urine sample.

Signs of high ammonia levels: headache, irritable, restless, trouble sleeping, anxiety, strong odor in urine, and sweating during deworming.

Recommendations when you suspect high levels of ammonia:

- CD enemas: Morning and evening.
- Frequent CD doses.
- Salt baths (these are done during PP)
- Pekticlean

Salt baths:

They help control ammonia released by dying parasites and lower toxic load. If you administer a CD enema and the child is still indisposed, hyperactive, irritable, etc. consider using a salt bath.

Directions:
Small bathtubs: 2 Kg of salt
Large bathtubs: 4 Kg of salt
Time: Up to 1 hour
Temperature: warm water (as per the child's tolerance)
Dissolve salt in the water and make the child get in the tub trying to get his/her whole body covered by the water (from shoulders down) . Carefully avoid the eyes because it stings.

Once the salt bath time is done, take a regular shower. If the skin dried up, you can hydrate it with coconut oil or sweet almond oil.

Kerri says: Buy regular table salt that is used for cooking, or salt used in pools; it does not matter that it contains iodine and fluoride. Buy the most economical one at the grocery store. Do not be concerned about the fluoride because it is only a bath, just make sure the child does not drink this water.

Pekticlean:

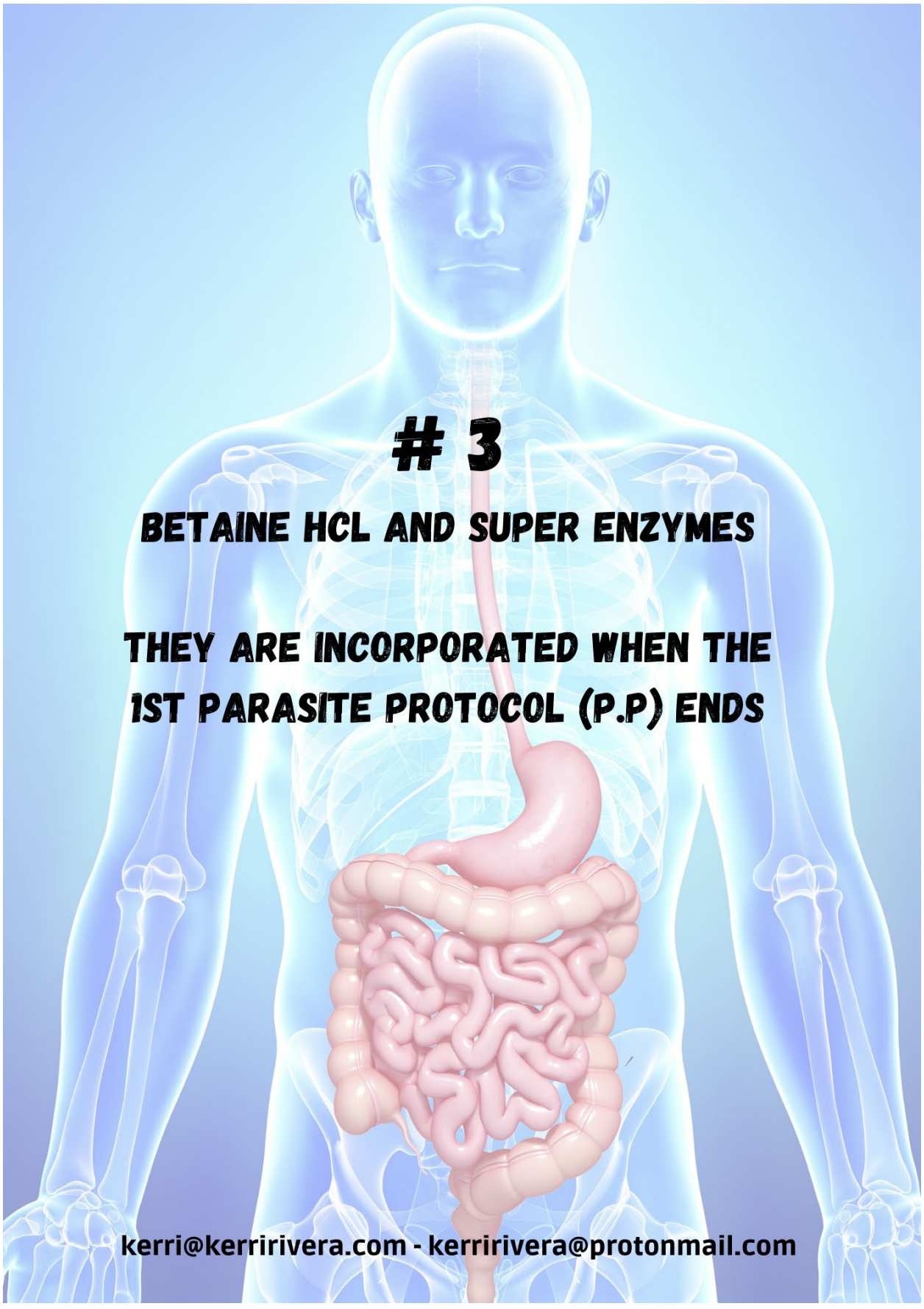
¼ of pekticlean packet once a day.
20 minutes before meals or 2 hours after meals.
Diluted in 2 ounces of warm water.
Pekticlean is not a daily supplement.

Baths, uses and benefits of each kind of bath:

Salt baths: Help remove toxins and lower ammonia. These are very useful in days of P.P.
Suggested schedule: Mondays – Wednesdays – Fridays (avoid salt baths when there are open wounds on skin.)

Bentonite baths: Help remove heavy metals through the skin.
Suggested schedule: Tuesdays – Thursdays - Saturdays

CD baths: They are used when there is a fever, anal or vaginal itch, or any kind of skin rash or sores.
Suggested schedule: occasionally.


3
BETAINE HCL AND SUPER ENZYMES
THEY ARE INCORPORATED WHEN THE 1ST PARASITE PROTOCOL (P.P) ENDS
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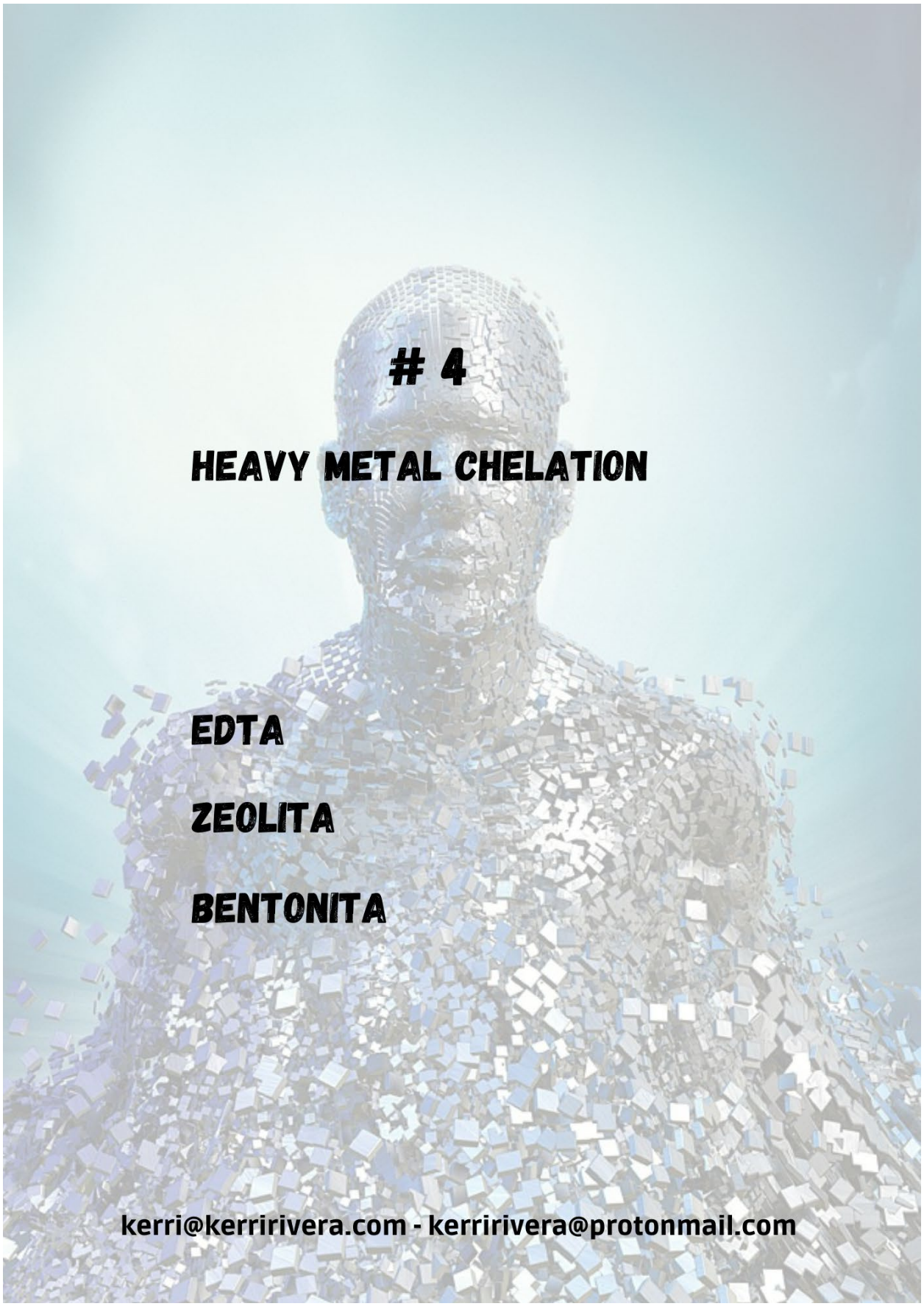
Betaine HCl increases HYDROCHLORIC ACID (HCl) production every time we ingest food. It replaces the hydrochloric acid that is lacking in order to allow proper absorption of vitamins, nutrients and other supplements.

Super Enzymes: It is an integral mix of enzymes that promote healthy digestion. Super Enzymes helps optimize the breakdown of fats, carbohydrates and proteins.

DOSAGE: Take 1 capsule de Betaine HCl + 1 capsule de Super Enzymes (together) with food (breakfast, lunch and dinner.)

** If your child cannot swallow capsules, open its contents and dilute it in 2 ounces of water or vegetarian milk, you can add an approved sweetener to make it more palatable.

**** For children who don't swallow capsules**, we suggest to start out with only ¼ of the capsule so that he gradually gets used to the flavor.


4
HEAVY METAL CHELATION
EDTA
ZEOLITA
BENTONITA
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Heavy Metal Chelation

This is a metal elimination method created by German Franz Muñiz in 1931 as a citric acid substitute. EDTA is used (EDTA calcium disodium, ethylenediaminetetraacetic acid,) it is a synthetic amino acid used since 1949 in patients with lead poisoning.

This chelation cannot be done unless all previous steps have been accomplished. Almost every autistic child, if not all of them, have extremely high levels of heavy metals in their bodies (especially mercury, aluminum, lead, cadmium, etc.)

There are three ways to chelate (eliminate/remove) metals from the body. Transdermal creams are one of them albeit not very effective, it allows candida proliferation, unwanted behaviors arise, and only about 5 to 10% is absorbed by the gut. Another way is an intravenous application every two weeks, it offers better results and less side effects. This method cleanses the body within 6 months to 2 years approximately. Today we use MMS because it neutralizes heavy metal compounds so that the body can eliminate them by itself.

Chelators that we use:

EDTA:

It is a versatile chelator that forms bonds with metal ions, mostly heavy metals. It is very safe therefore it can be used for indefinite periods of time and it does not have side effects.

It is a support tool for TEA, Alzheimer's, heart disease, as well as for every other person who lives in today's toxic world.

EDTA

Suggested usage:

Weight	Dose
10 - 30 pounds:	8 drops 3 x day, diluted in 1 ounce of water w/o food
35 – 50 pounds	12 drops 3 x day, diluted in 1 ounce of water w/o food
55 – 90 pounds	16 drops 3 x day, diluted in 1 ounce of water w/o food
100 lb. and over	24 drops, 3 x day, diluted in 1 ounce of water w/o food

Zeolite:

- Approved by the FDA/GMP. It is important to use high purity zeolite. Ours is 100% safe and of high quality, pure and effective for human consumption. It does not have any flavor, even when taken on an empty stomach. Zeolite is the perfect chelator to eliminate mercury, cadmium, lead and aluminum.
- It also binds to bacteria, virus, and toxins.
- It binds heavy metals and toxins and then eliminates them within 6-8 hours, avoiding minerals in the process.
- It brings more energy and mental clarity.
- Relieves reflux and arthritis.
- Helps with streptococcus (PANDAS / PANS / PITANS). Diabetes, psoriasis, eczema and acne.
- Indicated for anybody living in this toxic planet, as well as for those suffering with chronic disease.
- **If you suffer with constipation, avoid zeolite in the powder form. Use liquid zeolite.**

Zeolite in powder form for cases with diarrhea:

Weight	**Dose**
1 - 25 pounds	¼ teaspoon in 1 ounce of water 1 or 2 times a day w/o food
26- 50 pounds	½ teaspoon in 1 ounce of water 1 or 2 times a day w/o food
51 - 75 pounds	3/4 teaspoon in 1 ounce of water 1 or 2 times a day w/o food
76 - 100 pounds and over	1 teaspoon in 1 ounce of water 1 or 2 times a day w/o food

Liquid Zeolite for constipation cases:

Weight	**Dose**
25 pounds	2 drops 3 times a day
50 pounds	3 drops 3 times a day
75 pounds	4 drops 3 times a day
100 pounds and over	6 drops 3 times a day

- Diluted in 1 or 2 ounces of water, ten minutes after a CD dose
- Liquid Zeolite is ideal for children with constipation.

Bentonite baths:

Bentonite clay has a negative ion charge that, in the presence of water, attracts and binds to positive ions. Toxins and heavy metals have positive ions. The clay then helps detoxification because it absorbs toxins and heavy metals to later expel them through the skin.

Directions for bentonite baths para:

1.- Fill a tub or a plastic container with warm tap water (water must be between 98.6 F and 100.4 F) dissolve 1/3 of a cup of bentonite. With either a plastic or bamboo whisk mix until clay is completely dissolved.
2.- Let the child get in making sure that his body is completely immersed in the water (from the neck down) for 10 to 20 minutes.
3.- Then take a normal shower as usual (with water and soap.)
4.- If you want to, you can hydrate the skin with a body lotion free of petroleum-derived ingredients; you can also use sweet almond oil.
5.- Take one dose of Humic/Fulvic to replenish minerals and electrolytes.
6.- Preventative measures:
Use gloves: Bentonite is a chelator, avoid dipping your hands in the water, you could transfer your own heavy metals to you child or you could absorb the metals that you child releases during the bath.
7.- Avoid using metal elements in the tub.
8.- Bentonite baths are part of the protocol to remove heavy metals. We suggest taking these on Mondays. Wednesdays, and Fridays.

MASK / HOOD
GAS SUPPLY
OFF
OXYGEN
AIR
5
HYPERBARIC OXYGEN
THERAPY
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Hyperbaric Chamber
Ask Kerri before using it

Hyperbaric Protocol:
2 options….
Forty 60-minute sessions at 1.75ata or twenty 90-minute sessions at 1.75ata

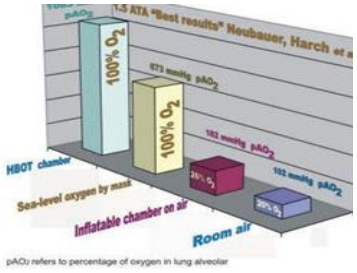
Every 3 months:
Twenty 60-minute sessions at 1.75 ata or ten 90-minute sessions at 1.75ata

Known as Hyperbaric Oxygen Therapy (HBOT). It is the medical use of oxygen at pressure levels greater than atmospheric pressure.

The organism needs oxygen to live; the proper functioning of vital organs depends on it. The amount of assimilated oxygen, in great part, depends on atmospheric pressure: the higher the pressure, the easier it is to breathe. Earth's atmosphere on its surface is normally at 14.7 psi (pounds per square inch) or 760 millimeters of mercury (mmHg) at sea level; this equals to a one absolute atmosphere (ATA). This atmosphere that we breathe is a gaseous mixture (air) formed approximately of 21% oxygen and 79% nitrogen (among others).

During a HBOT session, the pressure inside the chamber is increased two or three times the equivalent to the atmospheric pressure allowing the person to breathe pure oxygen. With such a drastic increase of the partial pressure, oxygen permeates all body tissues and allows blood to transport much more oxygen because blood plasma begins to transport the additional oxygen that already saturated hemoglobin leaves behind.

Numerous studies have revealed that the use of hyperbaric oxygen has been of great benefit in autoimmune disorders. In the case of autistic children, there is evidence that encephalitis (swelling of the brain) might be caused by viral infections, exposure to vaccines or by another autoimmune process. Hyperbaric oxygen therapy helps also with conditions of intestinal disorders and problems with yeast and bacteria.



WHAT TO DO
WHEN MY CHILD
IS SICK
kerri@kerririvera.com - kerririvera@protonmail.com

WHAT DO I DO IF MY CHILD GETS SICK?

Ear pain:
2 drops of CD in 60ml of water.
Lay on one side and fill the ear with the liquid, pull the ear so that the liquid goes deep inside. Do this process every hour until the pain goes away. If the pain is acute, repeat the process every 15 minutes.

Eye infections:
1 drop of CD in 60ml of water. Apply 2 or 3 drops every hour until the condition improves.

Sores and skin rashes:
For every 30ml of water add 10 drops of CD. Spray the affected area or apply it gently with your fingers. Do this four times a day or every hour if necessary.

Sore throat:
For every 30ml of water add 10 drops of CD, add to a spray bottle. Every hour spray once or twice on the affected area.

Flu, cough, nasal congestion:
Humidifier with CD: 9 drops of CD per every liter of water, place it in the child's bedroom.

Teeth and mouth pain:
We have to prepare a special CD solution for teeth and mouth pain that is not acidic, because CD is normally very acidic. Acidic CD in contact with teeth for a long time will soften tooth enamel and when you brush, some enamel can be removed! We will prepare **two** different solutions that will be combined only when used.

→ **First** prepare a 2 drop CD solution (drops must touch each other) and activate for 5 minutes, covered, to reduce loss of chlorine dioxide (ClO_2) gas. After 5 minutes of activation, combine with 100ml of water in a small bottle with an air-tight cap. This will make a 100ppm ClO_2 solution.

→ **Next** add 1/16 teaspoon (0.3ml) (0.25g) of baking soda to 100ml of water in another bottle. Mix until dissolved.

Add equal amounts from each bottle to small glass and brush your teeth and gums every hour until the tooth pain is gone, and then twice a day until mouth and gums are totally healthy. Only combine solutions from each bottle when needed for teeth brushing. **Do not** combine and store. This solution is 35ppm ClO_2 concentration and 7.6 pH.

Fever:
It has long been recognized as an important tool in the healing process. The process of heating the body is called "hyperthermia." Hyperthermia or a run-of-the-mill fever can be very effective against cancer cells, various pathogens, or invading organisms that cannot "take heat." Hyperthermia may not kill all pathogens in the body, but it may reduce the number of invaders in the body to a manageable level for the immune system. Hyperthermia can also be responsible for stimulating the immune system to produce cytokines, the production of antibodies and the release of toxins.

In practice, if your child develops a fever it is not a mistake of the body that needs to be corrected, it is a mechanism that brings the body closer to healing. Instead of administering acetaminophen or some other fever-reducing remedy, apply a damp cloth to your forehead and neck and let your body do its thing. We must always be vigilant that the temperature does not rise too high or too fast to cause seizures, we have to use common sense and trust our instincts.

FREQUENT
QUESTIONS
kerri@kerririvera.com - kerririvera@protonmail.com

FREQUENTLY ASKED QUESTIONS (CD):

My child started the CD and sleeps the whole time

As we increase the drops, the CD will help the immune system to get rid of parasites. The body is making a great effort and it needs a lot of energy to do this. Remember that your child is the host of these parasites and there is a war going on, sometimes your child may be exhausted for days and may want to sleep or rest the whole time.

We started the CD doses and my child has nausea/vomiting:

This is due to the destruction of pathogens, when they die they produce toxicity to our organism making us feel sick. In these cases, we need to stop the CD until the vomiting subsides. The next day begin with the dose that did not cause the discomfort. Remember that the CD is given as tolerated.

My child dislikes the flavor of CD, what can I do?

You can put the bottle in the refrigerator, the cold improves the flavor.

You can also add 1 or 2 drops Stevia Liquid SweetLeaf (original flavor) to each dose of CD. It is important that you are aware of the fact that we have already tried different sweeteners and SweetLeaf is the only one that does not neutralize the potency of the CD.

The Stevia drops are added at the time the dose is going to be given.

NOT in the bottle.

How should I clean and disinfect the enema kit?

You need to use disposable plates and forks so you can examine the stool and find the parasites your child expels. After searching for parasites, throw away the disposable plates and forks that were used. Put boiling water in the enema bag, the hoses, the nozzles, let it sit for a few minutes and then drain completely; then you can spray the whole kit with alcohol. The same procedure is used for syringes.

My child does not like the flavor of CD/MMS, what can I do to make it more palatable?

We have found out that liquid stevia of the SweetLeaf brand in the "original flavor" does not reduce nor alter the potency of CD/MMS. Use 1 or 2 drops in each dose. **(You must not sweeten the dose in the bottle. The drops are added every time you prepare a dose.)**

My child is constipated. Can I start the enemas before reaching the maximum CD/MMS dose?

Anybody suffering with constipation needs enemas immediately. It is important to stimulate bowel movements with any detoxifying protocol.

When there is constipation, we do not wait until the maximum dose to start the enemas. We use 1 liter of water and 10 drops of CD at body temperature, 98 degrees.

FREQUENTLY ASKED QUESTIONS (P.P.)

For how long does my child need to be dewormed?

Once the deworming process begins, continue for 18 months. We need to get used to the idea that we need to keep this cleansing habit for the rest of our lives if we want to enjoy a balanced and good health. Every 2 or 3 months the maintenance protocol needs to be done, for short periods of 5 to 7 days.

My child does not stop eating, what can I do?

When there is an excess of pathological elements, there can be very high levels of anxiety; in general, these are very skinny children , but they are always hungry wanting to eat great amounts of food all day and parasites are absorbing most part of the nutrients causing mental deficiencies.

When this happens, you have to increase the CD dose to increase its efficacy. Many children cannot tolerate high doses of CD, hence the reason why we supplement with pH balanced structured silver which helps lower toxic loads.

Behaviors/OCD/Ticks:

Some people are alarmed because their children display behaviors that they did not use to have at the beginning of the treatment, or they feel that the behaviors worsen. Parasites have a plan: they want to remain alive and multiply; they want their eggs remaining in the host to repeat the cycle. In some cases, behaviors like playing with their feces/poop, scratch their anus, put their fingers in their mouth or other people's mouths are displayed; some gnaw their nails, or spit. All these behaviors are caused by parasites.

When we move forward with the parasite protocol, all these behaviors lessen and gradually disappear in time. There can also be a mineral deficiency, that is why it is important to supplement with humic/ fulvic acid with minerals and electrolytes.

My child wet his/her bed, peed on him/herself. He/She did not use to do that. What do I do?

Parasites are living organisms and when they feel they are being attacked they go on alert because they know their lives are endangered, therefore they attack to show their dissatisfaction. One thing parasites do is release toxins, including a substance similar to morphine which prevents children from feeling the need to urinate or inhibit the urinating sensation. This is not the child's fault, it is only a part of the parasite elimination process. It is temporary.

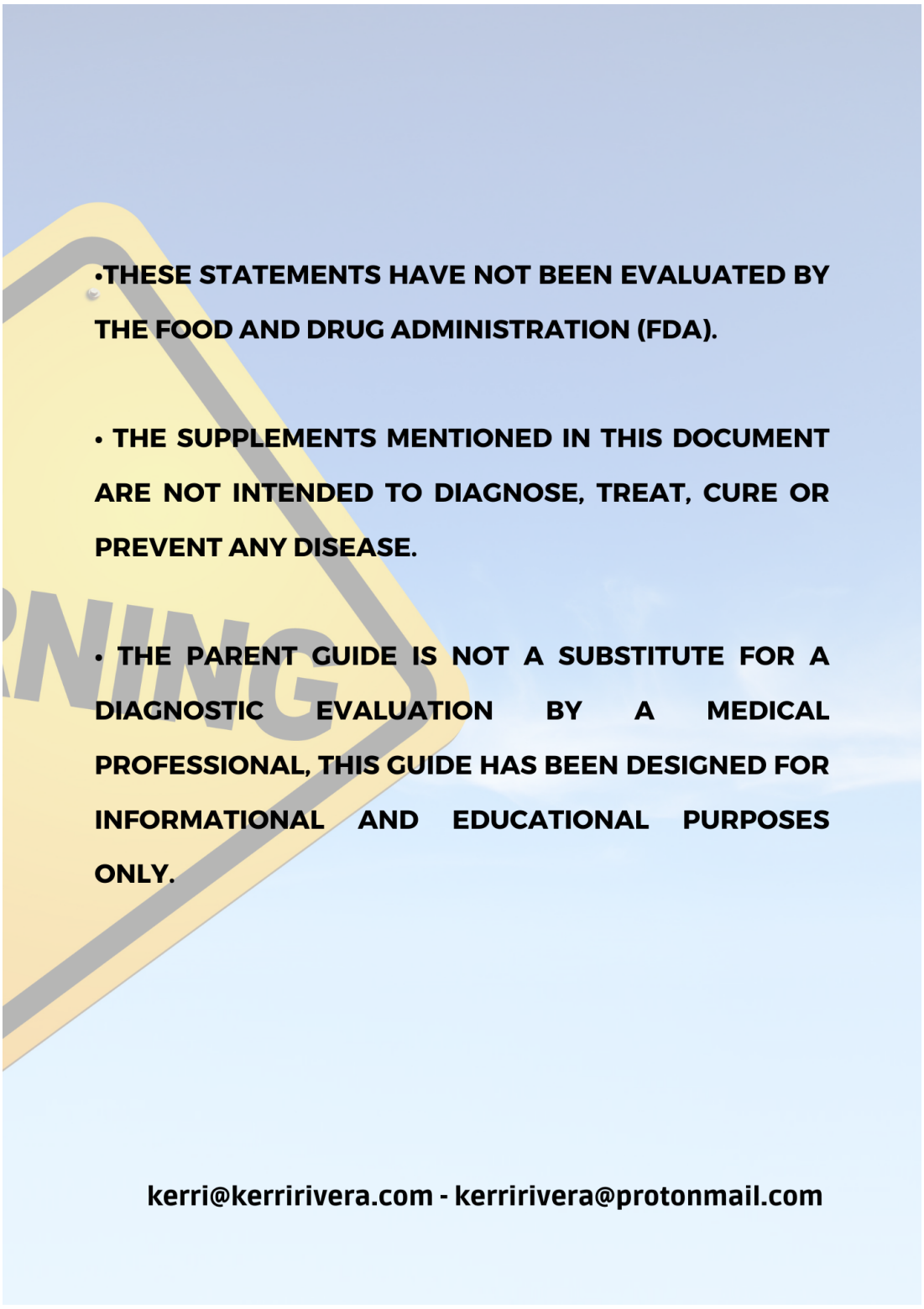
DISSINFECTING THE ENEMA KIT:

- Keep a spray bottle of alcohol in the bathroom.
- Once you are done with the enema, clean the nozzle with a cloth wet in alcohol.
- Soak the enema kit in hot water, rinse and let air dry.
- Spray with alcohol and put it away.

IDEAS FOR A LESS TOXIC HOME

- Clean floors and windows with white vinegar replacing cleaning products (commercial brand disinfectants, bleach, etc.)
- Bathe children with perfume-free soaps (neutral/glycerin) without added chemicals or colorants.
- Cook foods in stainless steel, glass or ceramic containers.
- Use fluoride-free toothpaste.
- Drink purified/filtered water.
- Wash and cook food with purified/filtered water.

CONSULTATIONS WITH KERRI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• THE SUPPLEMENTS MENTIONED IN THIS DOCUMENT ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.
• THE PARENT GUIDE IS NOT A SUBSTITUTE FOR A DIAGNOSTIC EVALUATION BY A MEDICAL PROFESSIONAL, THIS GUIDE HAS BEEN DESIGNED FOR INFORMATIONAL AND EDUCATIONAL PURPOSES ONLY.
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